



Survive Summer With 3 Girls And A Pug. Click [HERE](#) for a preview of what's to come.



Jul  
09

## The Hippest Grain to Fill Your Plate

Foodie Fridays

No Comments »



Eat whole grains. Eat whole grains. Eat whole grains. Everyone hears it, but how many of us are really doing it? In fact, we hear it so much that I think we all start tuning it out.

Did you know half of the food you eat every day should include whole grains? Beyond serving up whole grain breads, wheat pastas, and brown rice, there are several other options for getting those healthy grains onto your family's dinner table.

Ever hear of quinoa (pronounced keen-wa)? Experts say it's one of the best foods you can add to your diet. It's also quickly become one of the hottest trends in healthy eating and is even lining the shelves of some Costcos. While it's not new – I'm pretty sure the Egyptians have been eating this **Super Food** (click [HERE](#) to see what other foods are on the list of Super Foods) for gazillions of years – it's new again. Look for it at your local market by the rice and grains.

What is it? It's a grain that can be cooked just like rice (steamed in a rice cooker or on the stove) but has more flavor, texture, fiber (5 grams per cup), protein (8 grams per cup) and iron than its white side dish counterpart. It fights off heart disease, diabetes, and hunger pains.

How can you cook with it? You can steam it with water or broth and serve it as a substitute to rice, pasta or potatoes. It also mixes great with vegetables, beans, or nuts for a one-pan dish too.

Here's a recipe for eating quinoa as a hot breakfast cereal.

### **Ingredients: (serves 2)**

1 cup quinoa  
2 cups water  
1/2 cup fruit (thinly sliced apples, bananas, blueberries, raspberries, etc.)  
1/3 cup small dried fruit (raisins, craisins, apricots, etc.)  
1/2 teaspoon cinnamon  
Top with milk, cream, or soy milk and sweeten with honey or brown sugar.

### **Directions:**

Rinse quinoa and add to water; bring to a boil. Reduce heat; simmer for 5 minutes. Add fruit and cinnamon; simmer until water is absorbed.

Serve with milk or cream and sweeten to taste with honey or brown sugar.

Tagged with: [eating more whole grains](#) • [quinoa](#) • [quinoa recipe](#)

Jul  
07

## Print 99 Photos for 99 Cents

Deal of the Week

No Comments »

Fans

facebook



**3girlsandapug**

Like

**3girlsandapug** Heard of quinoa? It's sup  
<http://3girlsandapug.com/2010/07/09/the->  
July 9 at 8:29am

**3girlsandapug** Want to print out your va  
Snapfish -- 99 photos for 99 cents. <http://>  
July 8 at 11:20am

**3girlsandapug** Need a storage solution  
[guarding-your-precious-gems/](#)



**Safeguarding Your Pr**

3girlsandapug.com  
I always love to receive  
amazing places in and o  
what he brings back.

July 6 at 8:55pm

228 people like 3girlsandapug



Patrizia



Tammy



Alan



Nancy



Sa

3girlsandapug on Facebook

Subscribe Via Email

Enter your email address:

Subscribe

Delivered by FeedBurner

Link To Us



```
<a
href="http://3girlsandapug.com"><img
border="0"
src="http://3girlsandapug.com/wp-content/uploads/2009/
```

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
« Jul						

Jul  
02

## Red, White and Ooh Desserts

Foodie Fridays

No Comments »



Looking for an easy and festive dessert to serve to guests or to take with you to the neighborhood BBQ? Pillsbury always has a long list of fun and simple recipes to celebrate the 4th.



Most of these recipes take about an hour and require few ingredients. So, they're cheap and easy. Check out a few of these yummy recipes [HERE](#).

**Next Week:** Check out next week's Foodie Friday feature on **quinoa**. What can you make with it that your family will eat? Why is this Super Food gaining in popularity? Did you know it's even available in some Costcos in bulk.

Tagged with: **4th of July • easy desserts for the 4th of July • Pillsbury • recipes**

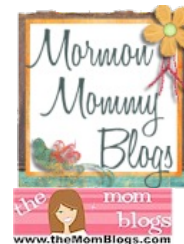
### Links

- [Blog Catalog](#)
- [Fix Rss Feed](#)

### Meta

- [Register](#)
- [Log in](#)
- [Entries \(RSS\)](#)
- [Comments \(RSS\)](#)
- [WordPress](#)

### Other Sites



Jul  
01

## Let's Get Physical

Tried and True Thursdays

3 Comments »



I noticed my cable company – Time Warner – offers FREE workouts through their On Demand program so I decided to try it out. They offer cardio, core training, aerobics, dance aerobics, etc. and you can set it for as few as 10 minutes and as long as 30. The first class is free and if you can order more for a minimal fee if you find one you really like.

If you choose this workout option, I have to warn you that it may come with an unexpected price tag. My kids all sat on the couch, critiqued my form, and shared encouraging words like, "Wow! Mom your face is bright red," or "You're sweating so much. Is that because you're so old or are you just out of shape?"

I had to make a new rule that if my kids want to stay for the show, they have to pay for admission (i.e. work out with me or get lost).

It's a great way to sneak in a workout on those days when you don't have time to hit the gym or you don't feel like dragging your kiddos along on a bike ride or walk. Does your cable company offer any of these FREE workouts? If not, look for an exercise channel in your cable package and record a few workouts until you find one you like.

Tagged with: **easy workout ideas for Moms • losing weight • ways to get more exercise • workout ideas**

Jun  
30

## Phone Home Woody

Deal of the Week

1 Comment »



Would your kids love a phone call from one of their favorite Disney Characters — Woody or Tiana? Click [HERE](#) and you can add a little magic of Disneyland to your home without leaving home or spending a dime. Thank you Pull-ups for this really cool Freebie. I think I know just the little Toy Story-aholic in my family who'd love a birthday greeting from her favorite "Woooo-deee."



Here's how it works:

- 1) Enter your birthdate to verify you are 18 or older.
- 2) Select either Woody or Tiana for your character.
- 3) Personalize your call (occasion, child's name, type of message, etc.)
- 4) Schedule your call between 9AM – 8PM.

Thanks, [Freebies4Mom!](#)

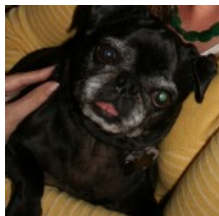
Tagged with: **free phone call from Disney character • pull-ups freebie • Woody calls kids for free**



## A Glimpse in to the Pug Psyche

Mommy Monday

1 Comment »



It made me smile to see the dog in the new "Toy Story 3" movie advance in age alongside Andy. It reminded me of my sweet little pug, Aggie, who is undoubtedly showing the signs of age on her smooshed face. No level of denial on my part with stop time from marching on.

White hairs outline the years of stress she's experienced as a member of our busy family. She's endured three bedridden pregnancies, helped raise three active girls, survived endless sleepovers, playdates and birthday parties. She's had her ears tugged on (more than once), been barfed on (more than once), and has been dressed in head to toe doll clothes and toted around in a basket (more than once).

She doesn't seem to notice that she's slowing down a bit. She can't run to keep up with the kids on their scooters anymore and her naps are more numerous and longer in length. She still races up and down the stairs with the kids when they play with her and she runs for her leash if you say the words, "Go" or "Walk." She also gets into mischief in the same ways she did as a puppy (i.e. unrolling the toilet paper and shredding it into tiny pieces when she needs attention) and sneaking into the kids snacks and bingeing on a bag full of

baby carrots when no one was looking. (She had a tummy ache for days and looked green – or maybe I should say “orange.”)

While she’s unaware of her own mortality I don’t think she’s aware of our children’s development either. Really, the tables have turned a lot over the years. When the kids were little, she was kind of a watch dog of sorts. If the girls woke up from their naps or were doing something sneaky she’d come get me and pace around to let me know that I was back on duty. (She’s sort of the Lassie of pugs.) She’d wipe their faces clean and clean up after them as they learned to navigate eating meals with a fork. She’d curl up with them at nap time or when they’re sick to offer them comfort.

These days she’s at their mercy. They fill up her bowls with food and water. They’re the ones holding her leash as they take her for walks in the neighborhood or let her out to do her business. They snuggle with her at night to offer *her* comfort because now she’s completely dependent on their co-sleeping arrangement. (They even trade weeks taking turns sleeping with her.) The girls have even taken to disciplining her and teaching her new tricks.

Although the tide has turned and the girls have become the Alpha Dog in the house, I don’t think Aggie has noticed. Any day of the week, any hour of the day, I can ask her, “Where are the babies?” and she’ll go run towards the girls. No matter how white her black coat turns, or who’s holding her leash, I believe she’ll always see herself as the overprotective mother hen of the house with her three little babies.

Tagged with: **Aggie** • **aging pets** • **black pugs** • **family pet** • **pugs** • **senior pets**



## Kiwis Make The Top 10 List

Foodie Fridays

No Comments »



Kiwis are brown and furry on the outside but tart and healthy on the inside. Who would’ve guessed that these lovely little egg-shaped fruits would make the Super Food Top 10 list? Super Foods offer a triple threat because they fight heart disease, cancer, and weight gain. (To learn more about Super Foods click [HERE](#).)

Here’s the breakdown on these nearly perfect snack foods.

- They pack your daily dose of Vitamin C in just one serving. They’re great for fighting off a cold or preventing one too.
- They’re cheap. You can usually buy several of them for about a buck.
- They’re a low-calorie snack. One serving of kiwis (about 1 cup) are about 100 calories and less than 1 gram of fat.
- They’re high in fiber (6 grams of fiber for one serving) and also contain potassium, Vitamin A and E, and other nutrients.
- How do you eat them? Cut them in half and scoop out the center or you can slice the skin off the sides and then cut them into skinny slices.
- What else can you do with them? Mix them in a fruit salad for a colorful punch and a vitamin rich kick. Chop it up and add it to a fruit salsa to top grilled fish or chicken for a light summer dinner. Pair them with strawberries in crepes for a sweet and tart combo. Throw them in a smoothie to up the fiber content. Check out my basic smoothie recipe [HERE](#) to get started.

Tagged with: **calorie content of kiwis** • **eating healthy** • **healthy snack ideas** • **kiwis** • **recipes with kiwis** • **smoothie recipe** • **super foods**



## Books Too Tempting Not to Read

Tried and True Thursdays

2 Comments »



Having trouble getting your kids unglued from the television or their DS this summer? Here's a list of books recommended by Tara (a.k.a. Baby Mama) that are great for mid-elementary school kids to read on their own or younger ones to have read to them at bedtime. (*Isn't it so fun to try to put kids to bed when the sun is still out?*)

We're going to select one at a time and enjoy them as part of our "family book club." Each person will get their own copy to read and we'll set a date for meeting time. I was inspired to this because I saw how much excitement my oldest daughter had to read, *To Kill a Mockingbird* with her Dad. They set a date to finish reading before it hit the movie theatre that features old movies. It's been great to see her stretch herself and her brain.

Here's the list. Enjoy! Thank you Tara.

*Peter and the Starcatchers* by Dave Barry and Ridley Person

This is a retelling of Peter Pan that is very exciting but kid friendly.

*Perloo the Bold* by Avi

Avi is a very famous author who has written tons of books. Anyway this one is about a timid bookworm, who ends up saving the day.

*The Midwife's Apprentice* by Karen Cushman

A Newbury Winner! About an orphan in the middle ages who doesn't have a name (if I remember right). Also very short.

*James and the Giant Peach* by Roald Dahl

Or any other Roald Dahl book, they are all perfect for Sydney's age.

*The Neverending Story* by Michael Ende

An amazing fantasy story about a book that comes to life, but it is very very long. However very worth it.

*Redwall* by Brian Jacques

The first of a very long series. (I ate them all up when I was her age.) They are about mice and other small creatures who live in an abbey called Redwall and they are always battling the baddies.

*The Little Prince* by Antoine de Saint Exupery

This is a French book, that is very fun, and cute, but very telling. It is also very short and illustrated by the author, there are some beautiful color versions. I would definately recommend this one, you would get a lot out of it, more than just the story.

*The Whipping Boy* by Sid Fleischman

A Newbury Winner! It's a very short book about a boy who switches places with the prince.

*The Voyages of the Doctor Dolittle* by Hugo Lofting

A Newbury Winner! I haven't read this since I was little but I remember really liking it. It's on the long side.

Any *Mrs. Piggle Wiggles* book by Betty Macdonald (There are a few and they don't really have to be in order.)

She is a nanny who helps naughty children behave — like a happier version of that nanny show that is on tv now.

*Island of the Blue Dolphins* by Scott O'Dell

A Newbury Winner! It's about an Indian girl who lived on an island all by herself.

*Holes* by Louis Sacher

Amazing amazing book, and after you read it you can compare it to the movie, which was also created by the author. They are a pretty close match and it's just a good movie.

*Sideways Stories from Wayside School* by Louis Sacher

Funny stories about an even funnier school that was built sideways. Hilarious!! One of my favorites.



*Black Beauty* by Anna Sewell

I loved this book when I was younger. It is a classic, and I think it has been made into a movie a couple of times.

*Pathki Nana* by Kenneth Thomasa

This is a very exciting read about an Indian girl.

*Little House in the Big Woods* by Laura Ingells Wilder

Stories from Laura's childhood on the frontier, during the 1800's I think.

*Wrinkle in Time* by Madeleine L'engle

A Newbury Winner! This one is definately a classic about some children who have to go on a journey through space and time to rescue their father.

*Treasure Island* by Robert Louis Stevenson

A classic swashbuckling tale of pirates that isn't too scary.

*The Hobbit* by J.R.R. Tolkien

Just a great escape fantasy read about a hobbit who gets caught up in an adventure which leads him to a dragon's lair.

**Question: How many of these books have you read? What were your favorite books as a child?**

Tagged with: **classic childrens books • helping kids read more • reading as a substitute for TV • summer reading programs**



## FREE Movies All Summer

Wildcard Wednesdays

No Comments »



This week I took my four-year-old and her little pal to the "free movies" at our local movie theatre. It reminded me of a few things.

1. I love bonding with my kids in a way where they feel spoiled and loved and I don't feel like I've compromised my budget.
2. Repeats of movies are always better on the big screen. We've been regular attenders at our local Family Film Festival since the girls were young, but it never seems to get out to see classics like *Charlotte's Web* on the big screen.
3. Little kids like to wiggle around. It's nice to take a break in the air conditioning, watch a movie, and spill a little popcorn between the seats (especially if you don't have to vacuum it up out of the couch cushions).

Look for a FREE Family Film Festival in your area.

<http://www.regmovies.com/nowshowing/familyfilmfestivalschedule.aspx>

Tagged with: **free • free family film festival • free movies • free summer movies • freebies**

◀ Previous Entries

